



# Weekly Recipe Challenge



## Mary's Zucchini with Parmesan

*This is how our Test Kitchen Manager's mom prepares her just-picked zucchini. Simple and delicious, the almost caramelized zucchini are topped with a Parmesan crust. Serve Mary's zucchini like a wedge of pizza, straight from the pan, with the cheese-side up.*

**4 servings, 3/4 cup each** (1/2 Carbohydrate Serving) | **Active Time:** 35 minutes | **Total Time:** 35 minutes



### Ingredients

- 2 teaspoons extra-virgin olive oil
- 2 pounds zucchini, (about 4 medium), sliced 1/4 inch thick
- 1/8 teaspoon salt
- Freshly ground pepper, to taste
- 1/2 cup finely shredded Parmesan cheese, (1 ounce)



### Instructions

1. Heat oil in a large nonstick skillet over medium heat.
2. Add zucchini and cook, stirring every 2 to 3 minutes, until tender and most of the slices are golden brown, about 25 minutes.
3. Reduce heat to medium-low, sprinkle with salt and pepper; stir to combine.
4. Sprinkle with cheese, cover and cook until the cheese is melted, 1 to 2 minutes more. Serve warm.

**Nutritional Information** (per serving) **Exchanges:** 1 1/2 vegetable, 1 fat

**Per serving :** 82 Calories; 5 g Fat; 1 g Sat; 2 g Mono; 5 mg Cholesterol; 8 g Carbohydrates; 5 g Protein; 3 g Fiber; 204 mg Sodium; 594 mg Potassium

- **Calories** 82
- **Carbohydrates** 8g (Fiber 3g)
- **Cholesterol** 5mg
- **Fat** 5g ( 1 Saturated Fat; 2g Monounsaturated)
- **Sodium** 204mg
- **Potassium** 594mg
- **Protein** 5

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